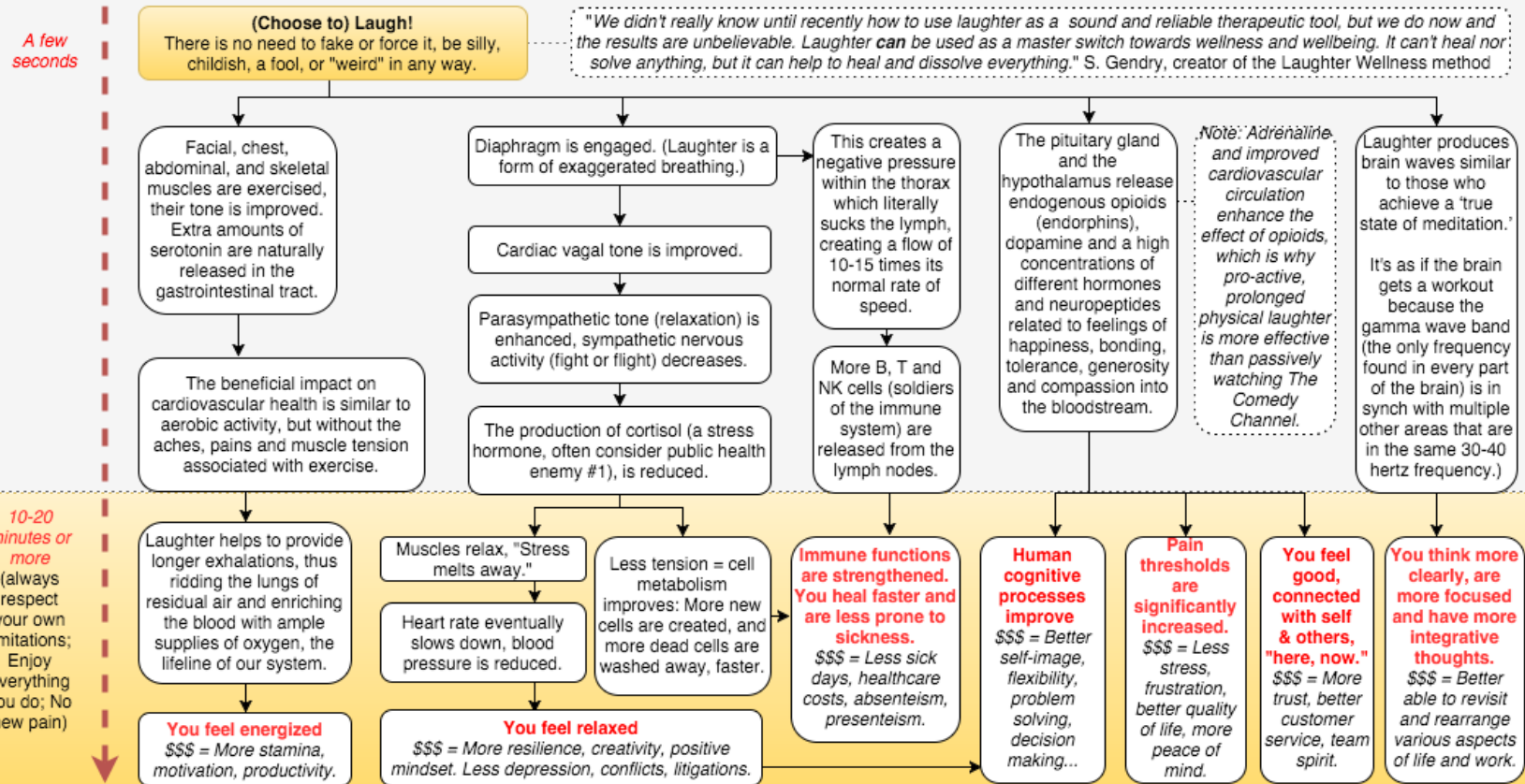


Cutting edge 21st century science was written 3,000 years ago: "A merry heart does good like a medicine, but a broken spirit dries the bones." (Proverbs 17:22)

How do you get a merry heart? Scientific studies have shown the value of meditating, planning a trip, spending time with family and friends, moving closer to work, going outside, practicing smiling, sleeping more, practicing gratitude, helping others a couple of hours a week, exercising, and more. It's all good and it works, but the new science of laughter suggests that all your efforts will work even better and often much faster if you include lots of laughter in that mix. Here is why, and it's experientially evident:



Not sure how to laugh for 10- 20 minutes or more?

You don't need a reason, humor or comedy. It all starts with an intention...

Learn more online at www.LaughterOnlineUniversity.com

Work with our team of corporate wellness experts: www.TheLaughterConsultants.com

